The
Monarch

Number I | Saint Leo College | October 1, 1984

SGA Plans Exciting Year

By Bill Gallagher

The first meeting of the Student Government Association was held on Monday, Sept. 17. The meeting was opened with a prayer asking God for a successful year and the saying of the Our Father. President George Levins opened the meeting by welcoming new members and welcoming back old ones. Levins was optimistic that this year's Student Government Association was energetic and that this would prove to be a good year. The focus of Student Government for the year will be on student needs. "We need to deal with what students see as unfair," Levins said. He stressed that S.G.A., the most powerful campus organization, is the students' organization and should help students with problems. S.G.A. wants to be a problem-solver for students.

Specifically, the goals for this year include a better meal plan, 24 hour admittance to the campus post office and a better parking situation for students. Levins said that the S.G.A. is responsible for a soon to be installed milk machine in the cafeteria that will give students access to an unlimited supply of milk. Another important goal is the installation of pay phones near the male dormitories. This will allow students to make long distance calls without having to walk over to the phones near the Campus Security office.

A new program beginning this year will help to reduce the cost of travel for many St. Leo students. "Super Flights" is an S.G.A. sponsored program that will offer the lowest cost for flying available to students. S.G.A. will team up with various airlines to provide budget flights for students. S.G.A. will make no profit from this venture. Because so many St. Leo students live beyond driving distance from campus, S.G.A. wants to ease the financial burden of flying home.

Speakers at the meeting included Dr. Walter Pozner, who spoke on behalf of the Humanities Festival, to be held Oct. 24-26. The division of Humanities under the direction of Dr. Pozner will sponsor the fifth annual festival, which will give St. Leo students a chance to witness what life was like in London at the turn of the century. On Wednesday, Oct. 24, at 8:15, the festival will begin with a performance of the play "The Importance of Being Earnest." On Thursday, Oct. 25, a panel discussion on the play will be held at 7:30 p.m. The big event will be the fair on Friday, Oct. 26, from 12:00-3:30 p.m.

The fair will provide British fun and food. Various campus groups, such as Campus Ministry and several fraternities and sororities, will prepare the food and work at the booths. The fair's menu will include a variety of taste-tempting delights such as "Boodles Fruit Cake" and "Mincemeat Rolypoly." Activities will include a weight guessing booth, a fortune teller, poetry readings, croquet, and a host of other exciting exhibits. The festival promises to be an educational, as well as a fun experience and all are encouraged to attend.

Vice-President Michael Riordan addressed the issue of freshman elections. The deadline for qualifying was Sept. 24. The freshman elections were to be held on Sept. 26.

The upcoming S.G.A. calendar includes a Financial Aid meeting on Oct. 1, and S.G.A. day on Oct. 6. The next S.G.A. meeting will be held on Oct. 1. The topics of discussion include the 1984-85 budget. During the meeting, members will decide how to spend the money. Also to be discussed is the constitution of the association and the S.G.A. scholarship fund.

Mad rush at the Publications Office for the 1984 Golden Legend.

Campus Ministry Begins Year With Ice Cream Social

By Bill Gallagher

Question: "What has a million calories, beautiful girls and a priest?" Answer: A Campus Ministry Ice Cream Social. Campus Ministry began the school year Tuesday, Sept. 18, with an Ice Cream Social. The social gave new freshmen a chance to meet the officers and veteran members of the group who earned an award for being the most outstanding organization on campus last year. About 30 students fought the rainy conditions to attend what turned out to be a fun, but fattening, affair.

The group's president, Wendy Ledoux, led the business activity of the evening. She stated what the purposes of the group are. Fellowship, she said, was the most important function of the group. Also, Campus Ministry will be committed to improving campus life in general. Getting as many students involved as possible in the social functions will also be a goal. One would hardly believe that it was only the group's first meeting, after hearing the list of projects already in action.

A retreat is being planned for the second week in October. It will consist of a Friday night and Saturday morning only, so that participants will have Sunday free. The retreat will be held somewhere near campus, but the exact site has yet to be decided on. Campus Ministry also plans to be involved in the Humanities Festival in October. The group will sponsor a puppet show and make "sticky buns". A Thanksgiving food drive will also take place. Food baskets will be presented to the poor during the holiday. Visits to both Boys Village (a home for juvenile delinquents) and an area nursing home are also being organized.

Beginning this year, Campus Ministry will be known as Khi Rho, which is a greek word for Christ-like. One reason for the name change is to remove the overly religious tone found in the word ministry. Khi Rho sounds less intimidating.

Regardless of the name, the organization has been called both outstanding and unique. Vice-President Mary Ellen Burke attributes Campus Ministry's winning of an award last year to the involvement in the various food drives. At both Easter and Thanksgiving, gifts were presented to the needy people in the area. And what makes the group unique? Senior member Tina Rosen had a few ideas. "Campus Ministry is unique because people are here because they want to be here. This is not a popularity contest and anyone who is interested may join. Members are accepted for who they are," Rosen said.

Father Jim Kelly is the man behind the organization. As director of Campus Ministry, Father Kelly is involved in the group, but only as an advisor. His official title is group sponsor. Kelly stressed that Campus Ministry is a student organization to be run by students.

Campus Ministry is a small group of about 30 members. Mary Ellen Burke feels that it's small size is an advantage. The union is small but unified, Burke said. "It's people working together, helping each other," Burke said. Burke's counterparts are Ronaele Peters, secretary and Greg Kent, treasurer. Burke and other members are confident that this will be a great, enthusiastic year for Campus Ministry.

Meet Area Businesses

On Monday, Oct. 8, the Restaurant Management Program presents a "Social Symposium of Restaurant Management" at 4 p.m. in McDonald Center. There will be musicians from Rosie O'Grady's of Orlando entertaining, food and refreshments provided by M.A.M. Franko, vice president of General Mills Restaurant Group Inc.

Harry Purchase, director of the Restaurant Management Program at Saint Leo College has planned many other events.

"This is the first. We're hoping to have many. It (Social Symposium) will provide an opportunity for area businesses to become acquainted with our business program. We have already received an invitation from Jim Armstrong, vice president of Walt Disney World, for a lecture, lunch and tour of Walt Disney World facilities," Purchase said.

Peter Kreuzigen of Bon Appetit and Jamaica Inn in Dunedin has offered a tour of their facilities. Also Russ Kinball of Sherator Sankey Resort, Clearwater, has extended an invitation to a beach party.

Guests for the Oct. 8 program include area businessmen, mostly Florida restauranteurs, and from Washington, D.C., David Murphy, personnel director of Marriot Corp.

The Social Symposium will be open to anyone interested in Restaurant and Management. Students interested in attending should see Mr. Harry Purchase, Restaurant Management program director, in the Faculty Office Building.

Circle K Adds Bingo

SAINT LEO—The campus Circle K Club at Saint Leo College has included bingo as a part of its week long activities, which begin Sept. 30 and run through Oct. 6.

The group will begin its week with a Mass at 10:30 a.m. on Sunday, Sept. 30, followed by a campus bake sale in Crawford Hall on Monday, Oct. 1, beginning at 8:30 a.m.

Local residents are invited to come and participate in the fun at the "Bingo Night" scheduled on Tuesday, Oct. 2, at 8 p.m. in Marmion Cafeteria. Cards will be offered for 50 cents for the first to each player and 25 cents for each thereafter. All proceeds will be used by the organization in its community programs scheduled throughout the year.

The new officers will be inducted in a private ceremony on Wednesday and the group will join in a College Union Board activity Thursday night. On Friday, Oct. 5, a "Getting to know you" dance will be held in the McDonald Student Center beginning at 9 p.m., which will feature a disc jockey. Admission is $1.00.

The officers will be attending a mini-convention held at the University of South Florida on Saturday, Oct. 6.

"Our greatest glory consists not in never falling, but in rising every time we fall."

Oliver Goldsmith

EDITORIALS

Dorms Are Plagued by Dirty Bathrooms

By Bill Gallagher

Oh, how wonderful it is to take a shower in a nice clean bathroom. When you get out of the shower you feel clean, you smell clean and you are overcome with a bright fresh new attitude. You are ready to start your day! Unfortunately, I have yet to experience such a feeling at Saint Leo. Instead, I try to avoid the dorm bathrooms as much as possible. The restrooms are constantly dirty. They usually are overcome with a vicious odor and are filled with ants. I do not enjoy taking a shower in a smelly, grimy, insect-ridden environment. It is not a good way to start off a day. After showering, I have to step into filth. My clothes (which before entering the bathroom were fresh) get wet and dirty on the sink tops. This type of experience hardly makes me want to whistle the Irish Spring national anthem.

Who is to blame for such unsanitary conditions in the men's lavoratories? One can hardly blame it on the janitorial staff. I'm sure they try their best. Rather, the problem lies within a general laziness on the part of the users of the facilities. Often, toilets are left not flushed. This, in my opinion, is the height of laziness. What a simple motion it is to flush a toilet! And yet, many go unflushed only to attract roaches, ants and other insects so prevalent in Florida.

Food is often left in the restrooms. Food items do not even have a place in bathrooms. Often, edibles are left in the bathrooms only to attract more pesty creatures. Sinks are countless times left full of hair and soap items. Such a simple act of removing hair and soap would make it easier for others to wash and shave.

Signs asking students to keep the bathrooms clean are constantly ignored. Laziness leads to laziness. If one student has an "I don't give a damn" attitude, then others will too soon adopt the same attitude. Thus is the situation in the restrooms. Because a few thoughtless students fail to clean up after themselves.

I ask of you to do your part, as a resident hall occupant, to clean up after yourself when utilizing the dorm facilities. Ask your roommate to do the same. And, if you feel as strongly about this problem as I, circulate a petition around your dorm to clean up the restrooms. All it will take is a few sincere people to start a cleanliness trend in the restrooms. Start today by taking pride in the facilities around you. You are paying an extremely high fee for these residential halls and deserve to have them in their cleanest state.

CAN WE TALK?

Dear Joan,

I am a freshman here at Saint Leo and I've heard a lot about the "freshman 15". I've never really had a weight problem before and I would feel awful if I got one now. Do you know a way I could avoid gaining those extra pounds.

Twinkie

Dear Twink,

There are many ways you can avoid the almost inevitable "freshman 15". First of all, don't think you'll automatically lose from all the walking—it takes dieting, too. Watch out for eating when you drink alcohol. Those calories really add up. Basically, it's just watching what you eat and exercise. Soon, you'll be slimming down and being the envy of all those who have found the freshman 15.

Joan

"Can We Talk?" is going to be a new column in the "Monarch News". It's going to be an advice column. I'm going to keep myself anonymous and call myself Joan. To prevent embarrassments, I'd suggest that when you write me letters to give yourself a phoney name, too. I'm going to be here to help with all situations, problems, and whatever else you may need advice with. So worry no more — DEAR JOAN is here at Saint Leo and I'm going to help all you troublesome people. Be sure to send your letters to

Dear Joan P·O· Box I

Saint Leo, FL 33574

DEAR EDITOR:

President Dr. Thomas B. Southard of Saint Leo College has recently announced his retirement; and, coincidentally, President Reagan is coming up for reelection. What if Reagan does not get reelected and becomes president of Saint Leo College?

What would he do?

First, he would institute supply-side college administration. This would entail reducing tuition to bring in more students; cutting costs to finance defense spending; and a new deal for the Priory and Abbey. Reduction of tuition would immediately lead to cuts. He would abolish all financial aid except to indigent Chinese Jews, and they would only continue receiving aid as long as they're a convincing example of how humanitarian the administration is.

Tenured faculty would earn minimum wages and non-tenured faculty would be billed for the privilege of gaining experience. If the faculty union complained, they would be labeled Un-American and in cahoots with Albania.

Defense spending would be increased to discourage Florida Southern from nuclear buildup. The administration would offer to expel students living in Priory if, in return, Priory would take over expenses of the college library, Campus Life Services, and student vandalism. The administration would offer to relocate students in the Abbey Guest House if, in return, the Abbey would take over administrative salaries.

Reagan would institute conservative foreign policy to discourage attack from imperialist four-year co-educational colleges. He would mine parking lots of Eckerd College, Flagler College, and Barry to stop Cuban aid. He would start a radio station and call it Radio-Free Saint Leo, which would broadcast propaganda and insult neighboring colleges.

Edward Saint-Ivan

The Biochemistry in Obtaining a Perm

By Michael Ladwig

For all you people who have had permanent waves placed in your hair: have you ever wondered why the procedure takes so long and why those obnoxious smelling chemicals are placed copiously throughout your hair? Well, the answer rests upon the fact that your hair is biochemically changed in the treatment.

Hair is made up of proteins known as alpha-keratin. Alpha-keratin proteins are helical, thus resembling partially stretched-out springs; in the hair, these proteins lie in long strands next to one another. These proteins are linked to each other through many amino acid residues known as cystine, which links the proteins through disulfide bridges.

Curl is imparted by first shaping the hair with curlers. Then, a chemical is applied which breaks the cystine into two separate amino acids, each individually known as cysteine residues. The chemical which did this belongs to a group of chemicals known as reducing agents. The proteins are then freed from one another and easily slide past each other into the new conformation imposed by the curlers. Another chemical is then added, which reforms the cysteine amino acids back into cystine amino acids. This step links the adjacent proteins back together, thus setting the perm.

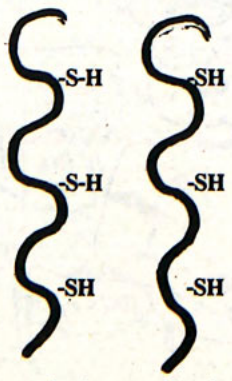
One must keep in mind that only approximately one-tenth of the total are broken and then reformed, thus the overall effect contributes to a general weakening of the hair. Such is the biochemistry of the perm.

A

Two Alpha-Keratin protein molecules showing disulfide bridges

B

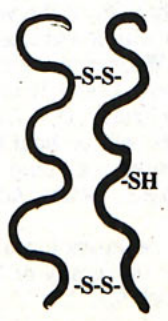
After reducing agent is applied, bonds are broken



Proteins re-orient according to the curleus

C

Final Reagent heals new disulfide bridges, locking proteins into new position



the 'kingdom' of heaven

the mystery of love
is quiet as a flower touch
gentle as peace
fragile as a butterfly wing
tender as a gentle moment
fragile as a delicate memory
innocence of a child -
no royal purple
no kingly gold
no scepter of power

brother bernard, osb

The Monarch

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FEATURES

Purchase Gives Life to Restaurant Management Program

By Edward Saint-Ivan

Entrepeneur, educator and philosopher Harry Purchase is the new director of Restaurant Management at Saint Leo College. "The attractiveness of living in Florida and the Catholic tradition of Saint Leo College" brought Purchase from Paul Smith's College in Paul Smiths, N.Y. Purchase "looks forward to developing one of the best restaurant management programs in the country."

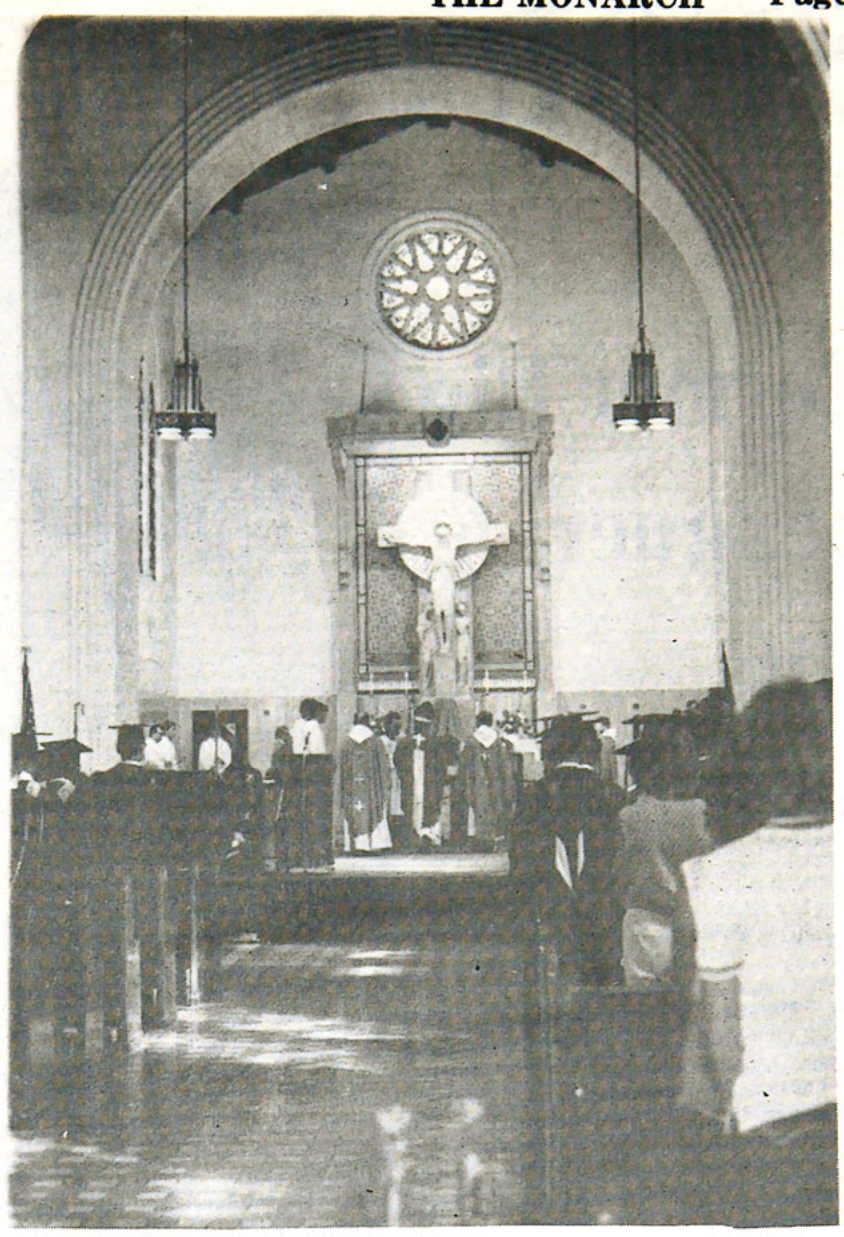
Purchase speaks from experience. He served as president and chairman of the board of council on Hotel, Restaurant and Institutional Education. He owned and operated the Wawbeek Hotel, which Resort Management Magazine did a three-page article on in June 1960.

Purchase also has experience as an educator. He was the first chairman of Hotel and Restaurant Management at the University of Wisconsin at Stout, and for 13 years head of the Hotel Management Division at Paul Smith's College. He is a graduate of the School of Hotel Administration at Cornell University. Purchase also has a Master of Education from the University of New Hampshire.

Although Purchase has a background in business and education, his heart is in philosophy. He says he respects Catholic schools because "whether you agree with them or not, the Catholic tradition tells you what's right and what's not." The Purchase philosophy is applied to business when he says, "In order to be a success in this industry, you must practice moderation in your eating and drinking habits." Purchase decided to come to Saint Leo to take a philosophy course before he knew of an opening for a restaurant management director. He says, "It's a miracle" that Doctor Marvin Travis, chairman of Business, discussed with Purchase finding a director of restaurant management, before finding out that Purchase wanted to take a philosophy course at Saint Leo.

Purchase says a restauranteur "has to have a special training to deal with people and personal problems of people." He should be flexible and "like activity, because every day something is going on." However, any student can declare a concentration in restaurant management.

Purchase is looking forward to an increase in enrollment, more course offerings, and 100 percent of our graduates. In the meantime, Purchase says, "By offering a concentration in restaurant management, we have the complete support of the restaurant industry."



TO THE EDITORS: Jim Porto

I was assigned to write a story on the Pontifical Mass, which was celebrated on Sept. 24, 1984, for the "Monarch". However, not counting the altar servers, only 18 students showed up. As the "Monarch" is a student newspaper, and as the majority of the student body seemed to be more interested in the pool than in someone who died for them, I decided that the story would be a general waste of time.

Out of My Head

By J. Porto

Otto Penquist could not wait to return to Saint Leo College. It had been 4½ months since he last saw the campus, and he couldn't wait to see his friends again. Also, Otto was now a senior, and he began feeling illusions of grandeur. So on that historic day of Sept. 9, 1984, Otto returned to college.

Usually, people come to the college by car, train, bus or plane, but not Otto.

"I shall call my friend, CAPTAIN NEUTRONIUM! — SAVIOR OF THE EARTH! (and a bit of Mars - oh yes, and a little bit of Jupiter). Perhapes the Captain can give me a lift on his back," said Otto. However, when Otto called, all he got was a recorded message.

"This is CAPTAIN NEUTRONIUM - SAVIOR ETC. ... ETC. ... ETC. ... I'm saving the universe right now from the villain Crosta. Please leave a message and I'll try to get back to you."

"Well, this is a tricky situation. I already missed my plane and my dwelling place is too far away to travel by car. I have but one option," said Otto. Otto had himself mailed to Saint Leo.

At college, Otto decided to find some of his friends. He was in the student center when he remembered he was a senior. "What girl can refuse me now?" thought Otto, without realizing the answer was all of them.

Coming up to a sophomore named Mary Ann, Otto said, "Hey, Baby! I'm a senior."

"That's it!" exclaimed Mary Ann, "I'm transferring."

"What! And deny yourself the education so badly needed if one wants to survive in the latter day 20th century? Not just a college education - but a Saint Leo College education! An education that puts you one step ahead of this measley human race!" yelled Otto.

"Maybe you're right," relented Mary Ann.

"Of course I'm right, I'm a senior."

"That's it! I'm transferring!" said Mary Ann.

"By the Pearls of Pearls, I'll never understand the female mind," said Otto, not realizing he sounded sexist at the moment. Otto left Marry Ann, his senior ego deflated, but he didn't care as soon as he saw his friends. For example, he met his friend Agent P. She didn't care that he was a senior. She just likes him for what he is, and he likes Agent P for what she is - gorgeous! Otto realizes that that was sexist but refuses to apologize.

Thus ended Otto's first day back, but what of CAPTAIN NEUTRONIUM - SAVIOR ETC. ... ETC. ... ETC. ...? Can he save the universe from the clutches of Crosta? Should the universe want to be saved? Do readers really care? Do authors really care? Perhaps the answers will come in the next Action Packed Star Studded Installment of OUT OF MY HEAD (then again, perhaps not).

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SPORTS

Former Big Leaguer Hits Saint Leo

Mike Marshall

By Andrew Phillips

Mike Marshall is Saint Leo's new head baseball coach. Marshall played for the Los Angeles Dodgers and won the Cy Young Award in 1974. Before coming to Saint Leo, he was the assistant coach at the University of Tampa. Although he has been in baseball for 21 years and played 14 of them in the major leagues, this is his first head coaching position at the college level.

Coach Marshall is the first coach at Saint Leo to hold a Doctor of Philosophy. During the off season, he spent his time teaching Biomechanics, working on a motor performance study, development and teaching Neuromuscular Tension Control classes. He also worked as a Graduate Teaching Assistant and Adjunct Professor at Michigan State University. According to Marshall, there really is no way to compare this year's team to last year's team, because only six players are returning from last season and between them, they have a total of 36 at-bats.

"It's going to be an interesting year," Marshall said, "because this is a whole new baseball team." In the past, there has been no real policy to the game, mainly because of the changes in the coaches, and according to Marshall, the team has been made up of all stars in the past.

One reason transitions have been difficult for the team is that there is no assistant coach. Coach Marshall believes transitions would be much easier if there was an assistant coach.

Saint Leo still has had a good baseball team despite setbacks in the years. One main reason for this is that "the athletic director (Norm Kaye) has been an ongoing factor to the success of the program," says Marshall.

Henderson: Soccers' New Kick

By Andrew Phillips

The Monarch soccer team starts off the season with a kick and a new coach. Harold "Hal" Henderson will be a part of the Saint Leo faculty this fall.

Henderson is from Wray, Colorado. His coaching experience includes not only soccer, but basketball, tennis, track and field. He also holds a B.A. in Biology from Park College in Kansas City, Mo. He received his master's in Physical Education from the University of Colorado. Coach Henderson was named the NAIA District 14 Soccer Coach of the Year, every year since 1974 with the exception of 1975, and also the NAIA Area V Soccer Coach of the Year for 1982 and 1983. Coach Henderson has been at the University of Wisconsin Parkside in Kenosha, Wisc., since 1972. He not only has been a coach, but a clinic trainer for the World Cup Soccer Clinics during the summer from 1974-80 and was a part-time summer trainer for the Kansas City Spurs Professional Soccer Club in 1968. He has also been the head athletic trainer at the University of Wisconsin Parkside from 1972-80 and was a trainer for the U.S. National Youth Soccer European Trip, and during 1982 the trainer for the U.S. National Soccer Team's Trinidad Trip.

Coach Henderson doesn't want the team to depend on one good player, but wants to develop a team concept to the soccer program at Saint Leo. Henderson would like to see all players contribute to the team equally.

Henderson says he would like a "respectable year that won't be measured by wins and losses, but by a total new look to the program." Currently, there are 12 players from last year and 10 new players transferring to Saint Leo. The team not only has a new coach, but a new soccer field, new equipment and more soccer balls for the soccer team members.

"One of the biggest problems was starting 10 days late for the upcoming season," said Henderson. Since Aug. 31, the team has been having practices three times a day.

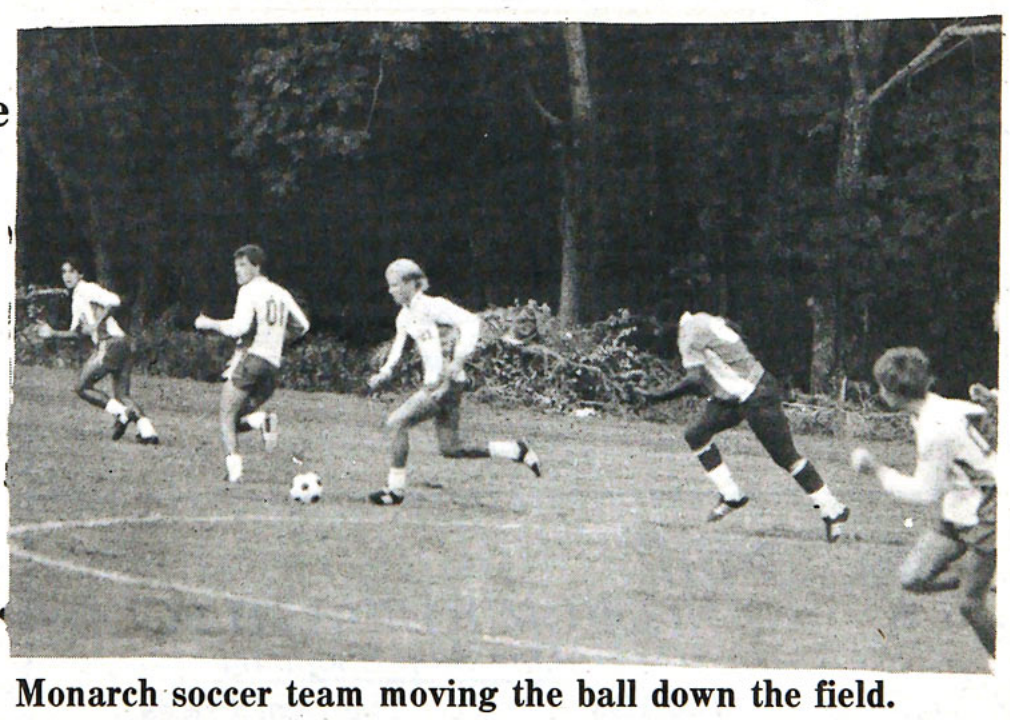
Men's Soccer

By Mike Verdes

Friday's soccer game between the Monarchs and the St. Thomas of Villanova Bobcats got off to a bad start. In the first few seconds of the game, the Bobcats scored a goal to make the tally 0-1. Subsequently, with slightly more than 22 minutes left in the first half, number 6, Reed Camron, scored a goal for the Monarchs to tie the tally 1-1. There were numerous penalties handed out to both teams during the match, and only one injury which befell a player of the opposing team.

In the second half of the game, the Bobcats made a goal to make the score 1-2. A while later, Reed Camron scored another goal, which tied the game 2-2 with only six minutes, 40 seconds left in the match. Unexpectedly, the Bobcats scored another goal to make it 2-3, with only one minute left to play.

After the game, the Monarchs showed their sportsmanship by congratulating the other team. Their losing the match was not as disappointing as not seeing enough people turn out. The Monarchs need you to go out there and cheer them on to victory.



Monarch soccer team moving the ball down the field.

Cross Country News

By Mike Verdes

The Saint Leo Monarch's Cross Country team did well against their opponents. Flagler's Troy Holland came in first with a time of 27:42, Saint Leo's Matt Coyne came in 29th with a time of 31:46. It was a grueling run. The five miles took its toll on many of the runners, some of whom could hardly walk after the meet.

Sept. 29	Florida Southern Invitational Florida Southern College	T.B.A.
Oct. 6	Blazer Classic Valdosta State College, GA	T.B.A.
13	Sunshine State Conference "Championship Run" (Location T.B.A.)	T.B.A.
20	Quadrangular Meet Saint Leo College	8:30 a.m.
27	OPEN	
Nov. 3	N.C.A.A. Div. II Regionals Mississippi College Clinton, Mississippi	T.B.A.
	(or)	
3	Georgia Southern Invitational Georgia Southern College	T.B.A.

The Meaning of Karate

By Mike Verdes

Many people have asked "What is the meaning of karate?" Karate means fighting with empty hands. Karate is a science and philosophy of fighting brought about in the Orient. The oldest records dealing with unarmed combat are hieroglyphics from 4000 B.C. Egypt. Some fighting techniques are narrated in the twenty-third book of the "Illiad" by Homer. The matches back then were settled by the death of the loser. In the third century, a well-known surgeon created a style that combined physical and kenpo. He founded this new style on the movements of five kinds of animals, "the tiger, the bear, the deer, the monkey and birds."

Karate does not only create confidence and courage in a person, but also builds mental and physical discipline.

In the martial arts, the aim is this: If our mind, as we make an attack, is attached to the idea of the opponent's counter-attack, we cannot fight with complete freedom, because we are not concentrating on our own actions, but are wondering if the opponent will kick against our punch.

Runners take off at Saint Leo's Invitational Meet.

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